

W1E's Daily Planner

"Every small step counts. You're moving forward."

TOP 3 PRIORITIES

- ☐ Priority 1: _____
- ☐ Priority 2: _____
- ☐ Priority 3: _____

TIME BLOCKS

7:00 AM	LOW	
8:00 AM	LOW	
9:00 AM	LOW	
10:00 AM	HIGH	
11:00 AM	HIGH	
12:00 PM	HIGH	
1:00 PM	HIGH	
2:00 PM	HIGH	
3:00 PM	HIGH	
4:00 PM	HIGH	
5:00 PM	HIGH	
6:00 PM	MED	
7:00 PM	MED	
8:00 PM	MED	
9:00 PM	MED	

BRAIN DUMP - Get it all out of your head

DOPAMINE MENU - Rewards for completing tasks

5 min: _____

15 min: _____

30+ min: _____

MEDICATION REMINDERS

☐ Morning

☐ Afternoon

☐ Evening

HYDRATION TRACKER

☐☐☐☐☐☐☐☐

(8 glasses)

MOOD & ENERGY TRACKER

Mood:

1

2

3

4

5

Energy:

1

2

3

4

5

GRATITUDE - 3 things you are thankful for

1. _____

2. _____

3. _____